

Praying the Examen as a Couple (about 10 minutes)

(adapted from the Closing Prayer in Holy Trinity's Marriage Preparation class)

Find a quiet place, free from distractions for you and your partner. *[Turn on quiet meditation music]* Quiet and center yourself in whatever space you have created. *[Take 7 deep breaths, breathing in fully, breathing out completely. This takes about 1'.]*

Imagine you are in God's presence and God is looking at you and your partner ... and smiling. *[Pause 30 seconds for silent reflection.]*

FIRST: Ask God to open your minds and hearts. You want to see your day and your partner's day through God's eyes and with God's heart. *[Pause 15 seconds for silent reflection.]*

Everything you and your partner have: your families, education, personalities, faith and values are gifts from our Loving and Gracious God. Express your gratitude to God for one or two gifts you cherish. *[Pause 1-2 minutes for silent reflection.]*

SECOND: Turn to your partner and share one gift for which you are grateful. Once you have each shared, return to a moment of quiet reflection. *[Pause 30 seconds for silent reflection.]*

Allow the moments you spent with your partner and the relationships you encountered during the day pass by your awareness as if you were watching a movie. When did you feel loved? When did you show your love? For those moments, express your gratitude to God. *[Pause 1-2 minutes for silent reflection.]*

THIRD: Turn to your partner and share one moment when you were loved or when you loved another. Once you have each shared, return to a moment of quiet reflection. *[Pause 15 seconds for silent reflection.]*

Were there moments today when you weren't the person you want to be, or know you can be? Ask God for the help you need to become the person God created you to be. *[Pause 1 minute for silent reflection.]*

FOURTH: Turn to your partner and share one moment when you weren't the person you want to be. Once you have each shared, return to a moment of quiet reflection. *[Pause 15 seconds for silent reflection.]*

Finally, think about what you are looking forward to. Ask God to be with you and bless those individuals whom you are holding in your heart. *[Pause 1 minute for silent reflection.]*

FIFTH: Turn to your partner and share with him or her what you are looking forward to ... where you want God to companion you.

Conclude by holding your partner's hands and saying The Our Father.